CHAPTER VI

RECOMMENDATION

Research in any field of knowledge not completed in itself. There is always need of findings new problems related to previous researches and finding out solution. In the light of result and discussion of this study following recommendation are made for further research in this area.

1). A similar study could be done on urban Athlete students of different Colleges and Universities.

2). A similar study could be done on different age group Athlete students of different Colleges and Universities.

3). A similar study could be done on Athlete people.

4). Further study could be conducted taking into consideration sex difference, Experience and age difference.

Physical education plays an essential role in developing the personality of young people. This function allows the healthy physically and mentally alert, active, and reduces risk for health problems. This allows them to keep a healthy environment and the competitive. Team work, sportsmanship, self-discipline, leadership and the business.

This study examined the nature of the physical skills and general health and emotional intelligence, and boy and girl students in upper secondary school and a practical solution for the above questions the students and the general health methodology research. The sample of 632 high school student, who was and who randomly selected. The general health data acquisition equipment is also a matter of emotional intelligence, and the secretary has been achieved the student physical fitness standardized test city educational horde markazi province. The boys and the girls showed that the general health and social disorders and depressive symptoms than the boys girls. Basically, all students have general health is also low level significant social impairment and symptoms of the depressive cycle boys and the girls and the boys have been worked out the social, and emotional intelligence the most
difficulties with the two theme also, it is concluded that the man in the happiness, prosperity, and a lot of the students the flexibility, and significantly more female students received a higher score than the men and for the female students has been obtained from the students.

Health Organization, World Health state of physical health: The complete, psychological and social efforts support physical and mental health and the prevention of the diseases is an important community priority. The most valuable capital health personal and national.

During the development of human views main aspect is the total physical and mental health prevalence of. During the past fifty years great changes have taken place both in the medical and mental health: The first: Psychiatric education and health transformation: since the scientific community the second spiritual enlargement programs the last decades have seen the rehabilitation services training different aspects, the research and social psychology, social services for psychiatric and mental health. This strategy in recent years a species, which proves that encourage and develop in the health and welfare. The human factor The past due to the more than infectious diseases. Today, the mental disorders and physical changes, changes. Or the woman in the population, and family life, marriage, the economic problems, social problems of poverty, fabric and of the general motor factors, personal, and social organization, based in the physical and mental diseases today communities. Some of these are among the factors can not control and prevention, and the men in the above factors. They remain and they are immune from damage, and these or reduced for the adverse effects, the World Health Organization and the depression of heart disease, the two main factor mortality were the year 2003. As a matter of fact, the now-and of the confusion and the mental stress and the murder was silent fine diving to eat. For example, the recent studies the World Health Organization the world 12 most common mental disorder. (S. What do that dance. MIR, 1382) special attention and the global disease prevention and control at all and mental age economic and human dimensions of security is an important priority attention should be paid to the health segment, the students that it is essential for high, because the mental factors, such as the stress, anxiety, depression and the fight against poverty and the missing skills, mental, and life, health and risk students have seriously affected. The question is: the
health and fitness, a perfect balance between body, soul and the spirit must provide a balance between the man, that physical, mental, emotional, social and spiritual man. The research and evaluation in the public health aspects of male and female students college training. This study more aspects, including the physical, psychological, emotional and social position. For high school students in late adolescence and the young and the physical, mental, fast, and an unexpected encounter special characteristics, the most psychologist and the storm and the crisis was taken into account the different family backgrounds, cultural, social, and economic environment, as the school, and the function, the traditional school lives and health media homogeneous environment changing environment may cause an imbalance of students and the emotional, mental, social and ethical.

A man needs the most amount of time per day, and sometimes must be resolved the simple human needs must not be to face the target and sometimes to the people to adapt to the new, in order to understand the environment, and that the. Current social, emotional and physical as well as quite similar to that of the above operation. Everyone had to have been solved in the spiritual balance. As a person, who does not feel well in the sense that it is the social, and emotional balance is not a physically disabled person who, patient and health care in accordance with the needs of research was not great the boys and the girls school's courses have significant physical ability. The study of consciousness and the physical capabilities physical and cognitive strengths and weaknesses physical properties and practical solutions, and the female students physical education teachers, doctors and health professionals, and the students and the students efficient health health and quality of life. International Conference on the human rights mental patient in the world more than half a billion people," said he, "that the demand for health services for patients who did not deny, and, in most patients in developing countries. The questions and solve problems schools students who are not in the regular physical capability to emotional, social and emotional intelligence lively dissonance face certain studies have shown that 6 percent of the students and the students depressive illness. The anxiety is not are not obsessive people and practical and aggressive behavior, and the violence adolescents and young adults, that the personal and family reasons, training courses, educational, social, economic, the girls and the boys are very common. This study, the researchers measured the ratio of general health status (GHQ), the physical symptoms, anxiety,
insomnia, ADHD, depression and social functions. The man and the significant relationship between female students? The male and female students in emotional intelligence, for the adaptation, the physical ability to negatively charged? Research objectives: this study aims at the public health aspects, including the physical, mental, emotional, social, and boy and girl students in secondary education and practical solutions for the physical education teachers, teachers, and parents and doctors political, cultural and economic and general health and physical fitness in future. The other main objective is the general health and physical health and the mental and physical disorders is to clarify the strengths and weaknesses, and the main purpose of physical capabilities other physical problems, mental and emotional well-being, and again, and other organizations, improving public health. Literature and history research: physical fitness makes it easy for daily work, flexibility, and power without sufficient resources and load on the leisure and enjoy the leisure and not predict things (Clark, 1976) to study.

Edward C. Olson (1967) has attempted to differences between the personality of man, this is no longer the tennis players a personality difference between the men's tennis players made by tennis experts two group. They were “Champions, more than one internal command extrovert pragmatic and was more than mere great tennis players.

Miers default C. (1973) the cattel was Hungary 16 PF 110 participating university was 7 different SPORTS, results of the investigation show that the spare athletes more outgoing and warm heart, the first place athlete. Individual differences have been reported in athletes, swimming pool, volleyball, wrestling, waterpolo and accurate.

Gary L. (1973) adnubastered Benningto cattel's junior Senior High School. The questionnaire 90 man high school subjects have been selected 30 themes. In order to ensure that gymnasts, 30, and 30 have been involved in organized athletics, Aova that it is shown that the 14 differences between groups. The results are given in the gym, and the soccer groups were higher than the results have not attracted me. The groups were not 13 different factors 14 personality.
Rjinder S. Ranu (1981), 16PF questionnaire used for sportsmen 40. the sport football, volleyball, basketball, track and field, gymnastics, wrestling and cricket. T test determined the significance of difference between a personality characteristics. It is concluded that the athletes and sportsmen and sportswomen and the emotional stability, and the athlete, and the realism and the life, more than gentle midedness protability and greater emotional and on their own and the higher social perception to other factors, the significant difference.

Byron Nelson Mcclanney shared in this college (1969) grouped in great men - fitness APPHER" youth fitness test the battery. In comparison, the personality characteristics of its own concept 16 pf, bovine and university apitudes, it was concluded that the fitness group depends on the group number of separate small fitness group. It is also found that more than a high degree of safety and the professional jealousy, the small fitness group appeared in the lucky and opinionated.

Kennneth Tilman (Dec. 1965) THE A. S. reaction all the dust, cattel 16pf questionnaire and kuder preferece record, and it found that in the C group is already the physical fitness rating significantly higher than the ascendance and reaction than the lower. The physical fitness group surgent seemed to (f) to the social interactions (02) and less tense (04) less than the physical fitness assessment group 16pf questionnaire. Kudar shall give priority to the group N top physical fitness, it was found that the more the higher social service and of the scientific and technical results, as the lower level, physical fitness group calculation of scores, your score is higher than music and intellectual.

Far and Balchard (march 1946) have been developed emotional intelligence the characters the students physical education classes and it was concluded that it is appropriate and the emotional intelligence to participation in the physical education activities.

Scatta Clarke (1973) compared to a non-participating athletes fresh athletes VS / Senior athletes and fresh soph. Athlete Vs/ Junior Senior athletes the cattel revealed the difference is 16 questionnaire, and the platform (p),05 practical Vs/ less imaginative super ego, conscientious and VS/ (.05) self Vs/ was not insured.
Dorothy Harris (1964) compared to a low and high fitness women psychological characteristics and found that the stable trend Kho-Khoto appear to be a certain psychological characteristics and the less he wanted.

Wemer Gotheil Alfred and Edward (1966), not by the sportsmen and sportswomen cattel collegiate assessor group 61 PF and sportsmen and sportswomen athletes, which is much greater than the +, F+H+ and 02 indicates extroversion.

Behrman M. Robert (1967) In examining differences between the personality not swimmers and swimmers. It was during the time of the test the differences between freshmen" man" in the college swimmers and swimmers & is not emotional intelligence, and the swimmers water the common user. Subjects were compared with the swimming pool, a personality test, personal information, interviews, who must be able to have revealed significant differences in comparison and swimmers swim fins and not to the students and nonlearners. The data for the test, and the fins is not the teaching of emotional intelligence, experience and the water.

Newman, N. (1968) suggested that participation in athletics provides the high level competition in the size, the personality. He felt that he was friendly, that sportsmen and sportswomen, and much more aggressive approach to confidence in more problems, more critical, which is also the richly dressed, not in the way of the racers.

Williams, J. M. Hoepner, B. J. Moody, D. L. and Oglice, B.C. (1970) has established that the urban athletes like the man for athletes in general are not different in the the personality-athlete. Urban athlete also happened to the various different sub-groups of different personality.

Gooch, Foster, Euie (1973) the personality of successful and unsuccessful women athletes. Also pointed to the fact that the personality and physical performance.

Thakur Thakur M. G. P., (19150), the study the athlete and the emotional Intelligenceof not athlete Indian college males the personality characteristics of the method and found that it, that the athletes happy and affectionate anxiety, dominance,
and superior organization, if the athlete does not purchase characteristics associated with quiet, high passivity, rejection.

And take care of yourself, the francs, H. (1984). He took a close look at the personality profile of sportsmen and sportswomen by sportsmen and not the the six developing country administrative 16 PF (A) in each country selected eighty subjects 40 sport men, who have taken part in the ministerial-level sport and of the 40 people is not the same. He also was a man of age and lived in the other party. The difference can be observed for men and the personality profile urban S21dented venezual, Nigeria, China, and Taiwan-king, a similar difference is also sportsmen and sportswomen and venezula and Nigeria are not sportsmen and sportswomen. Each ethnic group for comparisions.

It has been found that, in the position gymnasts and position the winning gymnasts extroverts of different higher education institutions are stable India almost the same, and the spiritual balance, not the personality almost sportsmen gymnasts and the dimensions of personality. So class gymnast of server agility better mentally wore the successful performance and the sport is not sportsmen and sportswomen.

Concluded that the Hungarian and the professionals from various sport facilities, designed specifically for confident, emotionally stable, good-good, conscientious, cracks, selfreliant, strict, self-confident, self-contained and calm. Secondly, of the non-sportsmen and sportswomen and reserved, intelligent, gentle, gentle super ego, tender-roast, very auspicious, disciplined and intent.

Concluded that the sport is not other than the people and not the personality factors, such as the sporty man emotional stability and long life, and sincere, purposeful and tender practicability and high above, and the more your own feelings and social reputation.

The emotional intelligence, and the Indian national women's football, significant difference was found in Kabaddi two six emotional intelligence Kabaddis. urban gymnasts even smarter, where there is the self-concept in more national Kabaddi footballs more suspicious, more than enough, and more self-gym, Kabaddi.
Found that the people and the urban ambivert handball teams were players. They, however, it was considered that these studies must be carried out the emotional intelligence India different sports in the sportmen and sportswomen.

Studied the candidates and attitudinal jets 250 profiles for sport related courses. This means that successful group is significantly higher than the successful group of the sub domain to be giddy and the urban, is substantially higher than the range, where the aesthetic.

The personality test by 200 collegiate assessor sport women's basketball, it was the the cricket, hockey, extravagant fanatic like Cornelius might very easily, it must be a Kabaddi, Kho-kho" volleyball, chess, gymnastics, urban, cross, lawn-tennis, table tennis, swimming, track and field. Another group of the 200 is not the correct age women sport and educational level, where it is.

Study the Intelligence of emotional evaluation of Indian sports persons in order to achieve. These are the cattel treatment, and 16 p F questionnaire represents a ten would have been a ten player's Indian international level, and the person who has never been a distinction to be made games.

This investigation showed that the results The first large significantly higher than low achievers serjency the dominant position and tighten.

Designed to examine the personality factor to the athletes and the athletes, athletes are not white negroes. Said horticultural personality profiles as the criterion object, and is divided in group III the ethnic background, and athletic ability 4. The result suggested that the sportmen and sportswomen by ascendance was not substantially university, what greater responsibility and emotional stability Nigro, and white, not sportmen and sportswomen. Also suggested that black athletes significantly different university and senior resoponsibility campared to the black North American athlete. There was no significant difference was measured when white athlete athlete university university Vs (1), Tom. Athletes and sportmen and sportswomen University was not the black Negro V s (1) were compared with non-athletes.
The fee schedule personal recorded programmes to 112 junior and Senior High School, the drama of my two participants and winners of the dough in the baseball, football, basketball, football and not afraid of the selected student's emotional intelligence. The result is, that the difference between groups was not the drama occurred personality difference was to show differences between the groups, and similar comparative operators of football and music mustered nonparticipants hadn't noticed two participating groups had not. The significantly lower than that in the chicks. However, the subject is obviously, it is necessary to like it.

Women who competed intercollegiate competition is much greater than the "F (common sense) and the strong reflection) as compared to the non-participant. Williams, reported that 1978 selected emotional intelligence often Elite urban athletics and, in particular, the successful competitor generally prevailing urban assusive own sufficient spare result oriented and the average low emotionality independent of the aggressive non-urban.

Established that the urban basketball player (successful and unsuccessful) is significantly lower than that of the urban group not sportsmen and sportswomen. The strong-willed the scale L is the failed for the basketball players more training.

There was a festive wreath and mental health assessment and the old man. Rapid growth in the population the previous question, the physical and mental health research and clinical care. Close to 70% of the patiently he began to the murderer or to sexual crimes. There was no racial/ethnic differences were reported before (religiousness, demographic characteristics, or mental health. This was the self-reported an association of incarceration and experienced. Three regression models, it was investigated whether the inhabitants'" religiousness/do not affect the self-reported, depression, death and the desire came to the rescue. The greater than the number daily spiritual experience and you don't feel God right emotional health.explored whether there was any difference in the intelligenceachievement

Between large and small groups obsessional I thought it was too late adolescent student. The study will include (i) whether there was any difference between the sexes obsessional thoughts (ii) whether there was any difference between the sexes achieve scores and (iii) there is a difference between the relationship between intelligence and
the low and high in order to achieve obsessional. In the sample 103 Bengali boys and girls selected at random from 92 Class XI (16-18 years). Raven standard progressive matrices, and Leyton obsessional kit Cooper and the job title. Madhyamik students. The analyzes revealed significant differences between the groups and the substantial amount of little obsessional thought intelligence achievement obsessional relationship. The results are discussed in the future research directions and therapeutic implications.

The size determines the emotional intelligence and the workplace stress mental and physical health. The 250 school and high school teachers selected selection stratified random sampling schools Tehran, Iran. Emotional intelligence scale three questionnaire (EIS), teacher job stress questionnaire (TOSQ), and the mental health survey (MHI), and a checklist (Checklist) to the physical health of school teachers. The results have shown that emotional intelligence, and 43.9% of the job security, which would explain the mental health and physical health of difference between 13.5% of the total.

Singh et al. (2009) has examined the family and the genital efficiency and the adolescents. The source of the aid the individual and the family motivational factor for the efficiency of the human being, who is a woman, and a hundred adolescents (50 boys and 50 girls), the common and of the nuclear family and the self-efficacy and well. The ANOVA. The significant result was the family and the gender its effectiveness. The family and the gender significant, but not family and not to the significant impact on gender.

Studied Kothari spiritual, mental health forecasting. Mithila mental and intellectual orientation health status survey developed by Kumar et al. (1986) the Indore select 100. An analysis of the data the t-test. The results showed that the high intellectual group is already significantly better mental health is a spiritual group. It is concluded that the mental orientation have significant impact on the mental health responsibilities of executives.

Assessed the mental health and state of the examined gender and college teachers, and the mental health family. The sample region 150 professor was Rohikland multi-stage random sampling method. The mental health records Jagdish
Srivasta used and developed also will assess the mental health of college teachers. The analysis of data, SD, t-test revealed that the right-hand men, as a considerable teacher control mental health women's counterparts, family does not have a significant impact on the mental health of college teachers.

The lab the students mental health for higher education. These were serious mental health problems of higher education for the students, who were less depression, the most common abuse material, surface and dorm life. The mental health of students is critical for success, which is very important in order to be successful for students. There is a need for spiritual exercises through before serious problems the students.

Studied a-a and type B behavior model of the kids, the mental health. In order to ensure that the purpose and scope the behavior pattern and the mental health (B battery also collects the data. Schools in the sample randomly selected 100 different adolescents. 50 Adolescents were the behavior pattern and 50 adolescents who were "B" type behavior. Every group, it was not identical to that of the male and female. Analysis of the data on 2x2 ANOVA. During the test, it is found that the B-type adolescents behavioral pattern better than adolescents mental health - a behavior pattern. Male adolescents that is better than female adolescents mental health.

Claims that the error in the emotional self-management to have significant impact on the health, such as the cardiovascular, the excessive reactivity. He also suggests that the consciousness of all people, who the smoking, drinking, and high-fat meals, and one that is long-term health damage. It is, however, also emphasized that negative feelings suppression is not the strategy, which indicates that the healthy emotional manifestation" have a positive effect on the physical health of people when confidence in their skills.

Another interesting study, Ciarroch, dear, and Anderson (2002) the role, or at least minimized." The EI, or at least the connection to the stress and mental health a number of measures, the depression, despair and suicidal ideation among young people. These tests, but mainly in the core of the emotional intelligence, which indicates that it is the negative context of stress, poor health and the emotional intelligence level is high scores, assuming that the people expected to emotional
intelligence, in order to cope with the needs for environmental protection to and evaluated by pressure in the work and stress health measures (Nikolaou & Tsaousis, 2002). Dulewicz and Higgs, Slaski (2003), and the relatively small sample of the retail managers, has examined the role that the stress, anxiety, low spirits, life quality play of the day to day life. These show that emotional intelligence is also strongly correlates with both the physical and psychological health.

Today, the Hungarian championship a number of factors. The vulnerable people in late adolescence and press the child, and to the sport, and the physical and intellectual, as well as intensive training program includes these factors. It is recognized that the sportsmen and sportswomen of mental readiness and success factors for implementing knowledge, as well as the mental and physical fitness fitness, only psychological training. Learn about the general emotional skills play an important role in the proper responses, in contrast to the day's events, and the positive attitude the events and emotions. It is possible that the sportsmen and sportswomen who are familiar with, and such emotional capabilities a higher social support, satisfaction and emotional health. Today, there are many researchers consider that to the person who is capable of emotional expressions, in order to better face the challenges and the mental health can improve. So many researchers now believe that to the person who is able to emotional and excitement, the right-hand side and the result is the greater the life challenges. The Jain Literatures and Sinha (2005) showed the relationship between positive emotional intelligence, and predict the happiness is not possible. Besharat et al (2006) the study it was found that emotional intelligence, and the sport positive correlation between group and individual sports, but this is the only sport sport group successfully forecasting. The physical activity also improves the happiness and the intellectual capacity according to the reports, the researchers also, it is apparent that cooper Smith stated that sportsmen and sportswomen, emotional stability, reliability, and high intellectual capacity, and it is also well-developed personality. Carson et al (2000) has shown that the emotional intelligence has the positive connection social functioning and negative relationship between depression and anxiety. Siaruji et al (2001) believed that the depression and certain forms of safe emotional greater consistency and the people. This path, and the emotional intelligence is the mental health is also the different functional areas and showed that this positive correlation between the structure between mental health, to
the emotional content, and the social and emotional and spiritual pain and depression negative correlation. The role of researchers also thought that the psychological problems, it is important that the growth potential of athletes athletes" and the coaches and they realized that the sport is not only the physical activity and physical performance, but also the psychological aspects must be taken into account. It seems that the emotional intelligence, and the spiritual characteristics of sportsmen and sportswomen, not only will help you select the coaches and one of the playful and the responsibility to know how to behavior and how to deal with them, but it can also help the moral point of view, any sport. Arnold Bizer thinks that the individual's mental state of physical fitness and exercise can help the man in the environment. Ciarrochi, et al (2001) it was found that some forms of emotional intelligence, and the men who stress and the position of serious. If, for example, the tendency of excitement was still in the positive correlation between positive atmosphere, and it prevents the depression. This showed that the teens, who are able to understand the feelings of others, more social support, and the satisfaction. The Austin et al (2005) show that the positive correlation between emotional intelligence of life quality and convenience, and the social relations and the quality and consistency of the negative mental and relationship between the depression. The research in emotional intelligence is not, it was found that the mental health and mental health the positive correlation between social and emotional adjustment has negatively correlates with emotional and spiritual life, pain and depression. A recent play a significant role in the psychological problems with the athletic Negro faculties have recognized the coaches in recent years, and realized that the athletes have not only physical force due to the sport and the activity, and the psychological aspects must be taken into account. One of the factors the track and field, the mental health and emotional intelligence is essential to the sportsmen and sportswomen. Therefore, the importance of functional aspects of physical and mental health emotions of people, in particular the study of sportsmen and sportswomen, structure and function of the mental health is important, and it seems that useful, this study more important within the population, and the sportsmen and sportswomen. Study of the relationship between happiness and the emotional intelligence, and the student athlete, must be examined.

Neuroticism responds to the stress, the individual some unpleasant situation more than the usual quantity in the sadness and depression. High level decreased
anxiety and self-confidence and activity, and the general decline in. Eysenck (1967) suggested that the persistence, the hypothalamus neuroticism. The explanation is rotating around the center the autonomous nervous system hypothesized. It also maintains that the vegetative nervous system reactions rooted in the ground person constitutional structure, which will forward the incoming stimuli the nervous system. Although different people, in order to encourage and respond to the sympathetic the para-sympathetic system is controlled. Eysenck, yet feels that the autonomous nervous system, in fact, emotionality. In this context must be provided with introverts and extraverts had attracted more than chronic neurotic or unstable the people, and it is much easier than the enraged people stable.

That neuroticism (emotional instability) indicates that, "the general emotional-neurotic and of responsibility". Neuroticism-stability already explains the bipolar dimension of instability the vegetative nervous system. He also maintains that the autonomous reaction is essentially depends on the individual's constitutional structure, which will forward the compassionate or voluntary reaction of incoming stimuli. In spite of the fact that it appears that the normal way to respond to the different individuals, and the way in which indicates to the para-sympathetic. In spite of the fact that this is the autonomous nervous system by Eysenck emotionality is likely to be the individual differences. This is essentially a conceptualization and the previous thoughts integratio Jung (11039), Pavlov and all that sort (1934) and hull (1952), who suggested that the inhibitory functions and differences between the excitatory nervous system taking into account the atmospheric human personality.

The opinion that, the emotionality of sportsmen and sportswomen significant "rooted, constitutional, that is, the neural level or increased anxiety the vegetative nervous system. This is reflected in the genetically and constitutional way, the individual's everyday behavior. It appears that the neuroticism, this is the great emotionality or emotional instability"."Tolerance is characterized by a emotional instability, frustratio immaturity, instability, high emotion evasiveness, Ness, neurotic fatigability of the emotional stability of sportsmen and sportswomen, typical "maturity, stability, the realism" in the neurotic fatigue". This is generally felt that the high emotionality is connected to, or the best general neuroticism Eysenk. and the
emotional stability to the organization (1964) calls integratio personal feelings or catch a ripe.

Relationship between the second person complex Variable "extraversuion" and the "athletes" (sprinters), and it was found that more often not extraverted. He also claimed that the distance is larger, subject of his introversion.

The stai-ed at the test I Ching calculator the anxiety the new gross motor Ching calculator task. The results have shown that typical great fear of him is also significantly higher overall scores and significantly less than the low scores is not a characteristic.

Discovered that relaxation training is not filled with anxiety or of a Member State of the gymnastic performance. Study carried out by Smith (1977), is not the regular desensitization general uneasiness weightlifters collegiate assessor.

Concluded that, in the attentionstyle flexibility is essential to the track and field. Mental errors, because a Kho-Kho a lost, when intentional and/or the focus.

The CTA, Martens, the competitiveness, the tension is set the best feeling of fear" (Marton, 1977 p. 23) while status indicates that the stress is characterized by anxiety, the subjective feeling of fear, and tension, which does not include the road or the activation or the autonomic nervous system (Spielberger, 1966.17 p.).Therefore, the usual anxiety anxiety is relatively stable in the endanger the safety factors of Kho-Kho. Also found that biofeedback training significantly improved the engine's capabilities. Another area in the recent past is attracted great attention.

Both types of the anxiety of a sprot competition anxiety (central office) (Marten Mickos, 1977), is not a reliable and valid general anxiety and anxiety Spielberger (1970) State inventory (SAI) has proved to be the effective state. OSA the competitive short (site) (Marten Mickos, Burton, and Simon, and Rivkin, 19150) and due to a race condition investigators (Gruber and Beauchamps, 1979. Scalan Ragan and 1978.

Women, who, among other things, they competed with the collegiate assessor championship is much higher than the factor (sober), and the serious thinking)
compare with the non-articipant group. William (1978) reported that the emotional intelligence is often the Elite athlete and, in particular, the city, but rather hard urban competing successfully, dominant, self-sufficient, independent, aggressive, reserved.

There was no significant difference in the personality dimension Kho-Khoathletes Kabaddi. It was found that the players were more extraverted neryothicism is, many of the greater stability, and emotionality. Thakur and Thakur (19150) study the athlete and the emotional Intelligence of Indian university athletes not the projective methods and found that the personality characteristics of the athletes he's happy and affectionate, dominance, that in order to achieve the anxiety, and the quality characteristics of the body, whereas the athlete, passivity, rejection, collection.

Research has shown that the CTA has already completed the level of effective state anxiety (Marten Mickos, Marten Mickos, 1977 describes how, Rivkin, Burton 1979). However, if the connection is not clear, Marten Mickos describes (1977, pp 67-68) the relationship between the CTA and is becoming more and more latter measure Weinberg and Genuchis (note) during test, it was found that the man's college is the CTA golfers significantly correlates with the slice location of basal Ganglia at the level of competition, and youth football between players with a tense man status.

Almost one-half of the standard deviation of the expected the pre-game hunting, there is yet another 50 %, suggesting that in the future. THE shall make every reasonable effort to ensure that the additional competitive stress, other sources, for example.

The generally high psychoticism athletes for athletes. One of them, a high psychoticism inflammation may be described, aggressive, impatient, cruel, and inhuman, and shapeless.

Studied the Intelligence of sportsmen and sportswomen in emotional Kho-Kho and Kabaddi sport. This meant that sportsmen and sportswomen Kho-Khospots was higher than the above characteristics: "conscientiousness," ye would output, the super ego, strength Ness, with a strong and firm in mind.
The seven-month aerobic type of exercise for physical fitness and operational program become institutionalized mentally delayed based on the assessment of adult. Sixty, the IQ, and I do not know that were allocated at random (PF), caution (AC) and is not (C) groups. The networking team took part in 139 PF and training, three hours, five days a week. The practice of the daytime running/jogging, calisthenics and received training for the network groups a special educational program: the group went on with the normal institutional training programs. Cardiovascular efficiency has improved the situation. The IQ and adaptive behavior did not improve the management. Even the standardized test is reflected in the adaptive behavior, the participants subjective reports PF training can also be used for efficient program delayed many of the place of residence become institutionalized mentally.

The envisaged joint and several liability become institutionalized mentally retarded adults and deeply have taken part in the seven-month program regorous aerobic type exercises. The effects of treatment for physical fitness, and the intelligence. Fifty men's and women's pairs the IQ, CA and is not the experimental (E) or (c) group. This group of the three-hour training five days a week. The program, which included aerobatics training, dance, and the training. The Group C is still the institutional training programs. Significant improvements in efficiency, cardiovascular, the affected: the adaptive behavior. Although little, standardized tests psychological and behavioral variables subjective reports, it suggests that the training program habilitation which delayed Kho-Khos seriously and deeply intellectual, usually institutional.

That athletes would have liked, not tender and disturbing, but not sportsmen and sportswomen comoparison personality. These results are not supported by the tea Eysenck who reported that the small sportsmen and sportswomen and neuroticism or anxiety and do not generally have the extraverted for sportsmen.

The emotional intelligence: genera" and the "Reserved" physical education majors. Eysenck personality inventory 38 of treated males was reserved for general and 10 28 38) and urban (28 general and 10 reserved) physical education majors. This means that men and urban education majors, groups differed significantly from those of the extraversion and neuroticism.
Found that the "conscientiousness," ye would Kho-Khosports sportsmen and sportswomen, it was found that a higher than in the other, suerego, strong, muscular, and a strong Ness. Singh (1986) has established that the gamers and neuroticism extraversion Kho-Khoevents Kabaddis significantly on the characteristics and personality. Two of the men and the extraverted students in towns and cities, the group more and more and more neurotic than ice hockey.

Found that in the students a much larger neuroticism is not sport, whereas there is no significant difference was observed extraversion scores between the two groups.

Also found that the various sport athletes special services outgoing, socially, emotionally stable, is going well, but fortunately for you, (a), clear, self-reliant, confident, strong, self-contained and calm. The other, is not affected by the sportsmen and sportswomen are reserved for the less intelligent, a weak super ego, shy, gentle thoughtful, suspicious, doubting, and indiscipline would prevail.

Compared the anxiety and the Indian competing for top-level athlete hockey player. He was found to be more athletic Negro player's functions, as opposed to the hockey player's whether males or urban.

The full competition anxiety Kabaddi sports, football, basketball and volleyball man blues Panjab university 44: FB = 16, VB = 14, BB = 14 has been tested. It is the difference between the three main actors. EGO (to defeat the threat, physical threat, and the four main method for the replies, cognitive and anger, and a muscular football, basketball and volleyball groups were compared with the Endler model person X. Position mode X answer. Statistical analysis of the data between the group differences for the multisample comparison technique has been used. Both the three footballers was higher than the other group. The first three modes the sensitivity, Viscreal, muscle and congestive heart disease was not a great difference between statistical. If, however, the fourth, i.e. good footballer response were higher than in the other group. The difference is statistically significant.

The emotional intelligence is based on the urban national urban actors, gymnasts and cyclists. Both the three goups, it was found that extraversion category an average subject of his introversion. But if the supporter were compared on the urban operators introverts significantly more than the other two groups.
Reported that elite athletes cannot be distinguished from other groups Neuroticism Extraversion, hard, purposeful (Psychoticism). If, however, meant that leisure sport groups was higher than that of any other psychoticism score scale and the groups, which only the higher extraversion scores not sportsmen and sportswomen.

UB the study has shown that it is not linked to the pre-competitive status" personality, but a different mood was confidence in the sport the firmness and commitment, neuroticism and self-handicapping.

studied the 312 students, the 11 and 12. This meant that the participants have already significantly different from that of personal profiles do not participate in it. The results showed that the sport more extraverted, strong and less anxious, neurotic, depressed and confused. Elite athletes, it was found that there was more ositive mental health is not athletes. Most important feature is the positive voltage less than mental disturbances, depression, anger and.

The test is the test of the hypothesis, that the Chinese athletes are involved with the sport of track and field, gymnastics, fencing, that psychological profiles college of Chinese athletes. This meant that rather restless Elite Chinese sportsmen and sportswomen and confidence the ministerial-level sportsmen and sportswomen.

Conclusion: it appears that the practice is an integral part of the protection of the environment of social relationship the previous adults significant factors subjective. Findings the physical activity are discussed also structured environment in order to enhance global prosperity are generated during more than one development. The staisfaction with life.

From that the sport is not only a 'Arry,'He said good-bye, he said good-bye to health care. The adverse consequences for the elite sport the curiosity. Gather evidence even more unfortunate consequences participants Elite sport. The Sport is also aggravate existing health problems. Serious injury or even death. The sport can also be dangerous for the environment a number of physical, emotional and social point of view. A common educational and sport competition in the certain crops practices also may be harmful. Sportsmen and sportswomen are to be sacrificed, home health, education, sports and social development "success". Sport sport scientists
medical professional and the opportunities and responsibilities of athletes, the lawyer, the health and well-being.

Response to the stressors of life negative behavior is also associated with increased risk of disease and injury. The high intensity exercise will block, in order to reduce the psychological stress is already well documented. The purpose of this test was that the individual training and aerobic dance the psychological stress of college students. The 45 students took part in this course participate in students 35 weight, and 34 took part in the aerobic dance. The survey experience from the current stressfulness recent life experience was and after your workout. Repeat the week immediately after 8 aerobic dancing, but it was not a significant difference, and the aerobic training group or the group dance. These findings suggest that the usual routine low-intensity exercise training weight decreases the stress instant rest.

The full competition level, Kabaddis Kho-Kho, accepted combative position and is not regular. Numerous attempts have been made, the differences, if any, of the person and the Rushall and sportsmen and sportswomen (1970), the evaluation of the physical performance & personality, has concluded that, "the personality is not a significant factor in the sport performance, the contract Treschlog supports and Ellison, who found that the pain tolerance and personality, the university and the sportsmen and sportswomen are substantially similar.

The Minnesota Multifasic personality (MMPI), booth (1958), no. 145 n° 141 athletes in emotional intelligence are not athletes. The higher the score not only sportsmen and sportswomen to anxiety and depression.

Bovine 16PF and compare to the emotional intelligence 77 120 female athletes and sportsmen and sportswomen not 43. The study found that athletes who played Kabaddi Malumphy Kho-Khosports more extrovert, who played sports.

Except for the Rushall and Ellison, and Freischlog, who found that the sportsmen and sportswomen does not differ from each other. Up to athletes is "right" or "worse" than the non-athletes depends on the observer. It appears that sportsmen and sportswomen generally positive properties. For example, the sportsmen and sportswomen have been described and the output extroverted socially. Are there positive properties, which are likely to be beneficial for the Hungarian social
situation. The athletes are not competitive with the generally accepted fact. We assumed that a Kho-Kho a strong competition in the sport. The competition is not the game. Successful competition of sportsmen and sportswomen, typical components competition should also be reinforced. Even if the fault is intermittent dirive competition. COACHES day preparing a very competitive sportsmen the easier task of Kabaddi, the opponent more time must be devoted to technical preparation for the motivation. Secondly, the car always be aware that the negative experience of sportsmen and sportswomen to rough, the Win and the damage and the performance. The car and the spiritual, it is important to prepare for the technical preparation.

A man of the university and college athletes was 116 116 sportsmen and sportswomen university, University of sportsmanship was not worse Players Players Richardson was not supported by findings of university study (1962). Who will be compared to students not 233 Richardson discovered that, in the latter the sportsmanship winners lower mounting, the, that a person who is not supported, but the lower your score sportsmanship sportsmen and sportswomen, the athlete who is not supported.

Made an attempt the assessment of the impact of a baseball season 1956 the participants emotional intelligence is based on the Little League. The characteristics of Little League Baseball players were compared before and after 114 of 114 participants the baseball season.

Also in accordance with the data subjects were rated by teachers and her classmates had become. Participants in the meeting the teachers higher driving skills, and need not be work, but there was no significant difference between participants and non-participants.

The study of a 16 PF 387 athletes. According to the study of the football players 141,71 81,94 wrestlers Karate Chop participants. The individual characteristics, and, it appears that the 4 group 2 group belongs: the football players and wrestlers, was similar to the psychological profiles, both groups significantly different from that of world-class gymnast of server agility participants' Karate Chop and the result is not surprising, since the football is wrestling the Kho-Kho Kabaddi sport and sport. The & Crenshaw according to Kroll Ontrack, in data and perhaps can
be explained by the fact that the football is strengthening and wrestling activities during regular workout, a strong and durable, flexible. The widely used the Junior High School & high school wrestling squad have made a great football player or vice versa. Also, some gymasts, the game of football players and wrestlers. In summary the class gymnast of server agility rather smart, and he showed himself the weaker force, very early, and serious Outlook toward life. Karate Chop participants generally also is reflected in the characteristics he was tense, and he was a conscientious and independent well enough both group have made a great football player and more than one wrestler.

Edward performance plan (Epps) and also meets new survivors actors). The baseball and the group of tennis players and the sportsmen and sportswomen. He felt that it is not the sportsmen and sportswomen higher pull”, as the other group football autonomy. The group was higher than the football. The results have shown that tennis players also were higher than baseball players. Baseball player's score is higher than the international superstar tennis players.

Other studies have also shown that they have more of sportsmen and sportswomen to assign the higher driver, as well as the leaked. The hypothesis that the athletes of the sport specific characteristics in their possession, sports inj according to Kroll Ontrack, in some sports the data supports the individual athletes they attract. For example, if the power is the Kho-Kho tennis players, it was found that the tennis match was lost, or the job, because it does not require or the sport, tennis players score the burst extroversion or not. But is expected to be the dominant position. Kho-Kho sport alderman technician students perhaps the dominance-definition.

Researchers attempt to distinguish between the superior and inferior performance in various sports. According to Kroll Ontrack, In data & Carlson (1976) reported a difference between participants of different capabilities and the wrestlers Karate Chop. The singer has already referred study compares the soccer and tennis player, it is not found no difference in highly successful and less successful tennis players. Burton Merriman (April 1960), Merriaman has established that motor is capable of emotional intelligence singificantly upper motor group also scored more than the smaller group. Power and interest.
Davidson's', Has examined the group and of the organization's built-in 150, seven-year children emotional anxiety symptoms, anxiety and ectomorph. Among them was and meticulous, and nervous and conscientious person. The correlations in general, the type and to the psychological characteristics.

The organization, person, or theme. He concluded that the constitutional factors resoponsible mental anomaly, the correlation was building a extroversion and organization. He was an intensely psychopathic paranoia as well and also between crime.

As opposed to the 10-15 year age groups of boys and can be divided into four categories of capabilities in the athletic Negro. The category III II the exceptional, I am good, regular participant, and not Party, comparison NP a viz. school and grammar school.

The general school-wide 35:7 percent was the boys category III medium, 28.5 % was the mesomorphs and ectomorphs. The endomorphs and very few endomorphs is located in this category. Certain type of boy, Category II should be allocated the same way. Inter alia, to the junior high school was the boys of the category III type than endomorphs is much smaller than in school.

Emotional intelligence gymnastic performance estimated on the basis, and this was the concept. Jacksons long-time personality research and self-concept is the TN the small female gymnasts were compared with 48 collegiate assessor supporter these devices to power four Kho-Khos gymnastic events (vault, the balance of payments, the parallel bars and practices) and the all around the center scores events, significant results to the gymnasium, self-concept and the physical, moral and ethical self, complete the entire column variability, the personality and the frequency R further statistical analysis techniques for the selected group emotional intelligence would be the trace element measurement predict the gymnastic performance. But this was not significant factor.

The anxiety theory and the high school wrestlers. The theme of the test. The anxiety and the waiting and the Kho-Khos perofrmance ascores and data do not match. It was concluded that the emotional intelligence was not needed in order to ensure that the anxiety, that all affect the life expectancy and the actual performance
of the great wrestlers themes who made of low-level anxiety more than great school
you need when you need it. The group anxiety and the highest score is at a small
result. The minimum performance for high anxiety and a small group is necessary.

A study of the personality differences between successful and unsuccessful
volleyball player. The 24 included in the sample successful and unsuccessful
volleyball players Intelligence measured emotional 16 PF and 24 ST-AI application
forms of discriminant analysis was the difference between the two. The results
indicate that two groups discriminated against it, the right to the variable. The result is
also showed that while the factor (easy), force (ego), g (Superego) and H (a) the
characteristics of successful players, anxiety, worry and dominate characteristic
features which the is not successful.

The 16PF questionnaire was cattel oparticipating university athletes 110 seven
different sports. This is the test showed that this is not more than the warm heart, than
the athletes and the front-to-athlete. Individual differences in the sportsmen and
sportswomen reported the swimming-pool, volleyball, wrestling, waterpolo and
accurate.

Emotional questionnaire Intelligence of comparison of the yound adult female
athlete female athletes and college female athlete. The purpose of this test is to was
that the similarities and differences in emotional Intelligence of College young adults
and the adult female athlete. The result indicates that the vehicle is not a significant
difference is that the whole personality profile three women. However, there are
considerable differences between the women 0.01 level competitive, and is not
competitive. The position of women was significantly lower than the college, such as
the adult women and young adult women. Sociability was significantly lower than the
young adult female athlete. Adoption social presence and self-employment is not
significantly the groups.

The personality test has been carried out on the difference between the high
and low anxiety urban hockey player. During the test, the personality was the urban
hockey player. The whole sample 49 playful as can be divided into two groups the
spielberger typical anxiety indicators 1970. One group was not fear of the player with
28. Two groups of 21 member state was due to lower gamers, as it was. Cattel 1970
was the 16 PF his own emotional intelligence. A distinction should be made the analysis of personality analysis. The results showed that the two player's score to the higher emotional intelligence: the six group OF less intelligent V V s common sense and, I was clever, very timid Vs), but fortunately, it is not, and I am very glad to see that the forthright manner Vs subject matter with a group of V, and we scored, I am to go on, emotionally stable, I'm humble feeling Vs Vs vs i conscientious, tough, strong, I think that the Vs Vs young anspcl practical and imaginative and I am the conservative Vs I experimenting group, a V and V S ten separate and quiet.

A study on 191 athletes who participated in the ST 41 higher education institution and the fine athletic testnamely torrence, creative thinking, torrenes study (not-verbal the fonn, standard progressive matrices (adult) the Ravent, Esyenck was not (A), and a,S, Dr. N. K. Examination of Lal Dutt reaction. He discovered the Dr. N. K. Lal Dutt. As a result did not reveal any significant differences between the different athletic group (high-performance and low energy boys/girls) these variables (leaves the creativity, intelligence, anxiety, neuroticism extroversion subject of his introversion and submission and ascendance) is a high-performance is not displayed, the negative trend of positive operators do not differ from those of the female athlete man athlete variables significantly different from a

Tokyo university's personality (TPI) to the athletes and the club's soport the Tokyo university, students who remained on the sports clubs and neurotic Depressive cycle and morebhypoxia also like the students, who has disappeared, they assumed that it may be that a typical neuroticism anxiety and of the personal watercraft and the success, and he was worried the neurotic Kho-Khos or simply is not in the track and field.

Both and compare with the MMPI personality was the University's fresh man and sportsmen and sportswomen who have taken part in only Kabaddi. Kabaddi and Kho-Khoor Kho-Khosport. He concluded that there is no substantial difference in the MMPI Kho-Khosports variables, who took part in.

The opinion that, the emotionality of sportsmen and sportswomen significant "rooted, constitutional, that is, the neural level or increased anxiety the vegetative nervous system. This genetically modified the everyday be constitutional basis the
individual's behavior. It appears that the neuroticism, this is the great emotionality or emotional instability". Emotional instability characteristic is the "small" the frustration tolerance is immaturity, instability, high excitement, evasiveness, worriedness and neurotic fatigability: I the emotional stability of typical of sportsmen and sportswomen, maturity, stability, and the quiet reality" unless otherwise specified, the neurotic fatigue". This is generally felt that the high emotionality is connected to, or the best general neuroticism Eysenk, and the emotional stability that the prey (1964) personal integration, or a mature man’s feelings.

It was found that the power of the few personality variables. Neuroticism Extraversion variables affect the performance and the sport a variety of other personality. Extraversion, it was found that the dominance and for athletes is extremely related to and supporting the participants in the sport and Sperling (1942), Tillman (1964), Ruffer (C. 1965), (1965), Wernet & Stembridge and Gottheil (1966), Bruner (1969), chase (1970) and Ikegami (1970). Extraversion, alderman (1974), the Construct it was developed by Jung (1933) Two main attitudes the personality: the early extraverted, the external, objective world, and the direction of Richard Munn, which the internal, subjective world. Eysenck (1947), in which the two great individuality neuroticism-stability, and subject of his introversion-extraversion main underlying theoretical structure. He thinks the extraverted individuals:

"Outgoing, impulsive, and it is part of the group activities, and with a friendly, easy-to-remember, desire, excitement and many social relations, stick their necks and take chances, the minute, optimism, aggressive, easy-to-loses his temper, he laughed at, and does not know its own feelings.

Extraversion is not the best for the behavioral description of the personality, but the biological causal factors source. Extraversion it can be explained by the fact that the fact that the neural level subject of his introversion-extraversion scale reflects the excitatory-inhibitory function on the center (to) nervous system. (1967) also suggested that the reticular extraversion - complete system and the brain. This means that the size includes the reticular activating system. On the proposal of the Commission, the excitation was founded by the belief that the external stimuli (e.g. The competition) is higher than extraverts introverts.
This linkage the formation of the personality dimension reticular hypothalamus and, I think, that other's opinion does not reflect the continuum Eysenck personality. For example, the external stimulus-excitation causes (such as the situation requires that the sport) is higher than the extraverts introverts. This is because he saw it too, that the weaker neurological introverts than extraverts. In contrast, because he thought that blocking is greater than the extraverts a stronger inhibitory mechanisms of neurological stronger. The reason for this is that weaker sensitive nervous system, and starts to respond to the high-intensity stimulus nervous system has no effect. This system has the answers with the weaker is closer to the highest level, in a stronger stimulus intensity through the continuum to respond. Eysenck you feel that this a-introverts supremacy, which hinders the learned behavior and the answer is that the personality profiling introverts live weight that emergences. In contrast, if it is not present, does not lead to such restrictions and the nation-state system characteristics extraversion.

The Eysenck may also be interpreted as indicating that the power supply and the high extraverts the inhibitor, in which introverts is not the other. Athletes, was a very different, and if the answer to such levels of competition conditions, or you may not primarily in accordance with extraverts and introverts. For example, if an athlete, there is a problem have extraversion, more and more and more on the game, the great subject of his introversion, but it would be better able to handle, and the channel in the game because he was strong inhibitory mechanism”.

It appears that the market dominance in one of the most important personality traits characteristic of sportsmen and sportswomen to two interesting consequences for the sporty performance, e.g. (1) the extraverts Eysenck starvation and the sensory little difference is greater than physical pain because a higher threshold. This explains why the sportsmen and sportswomen, and even physical LY, very active, and relatively tolerant of physical pain, which in most long-lasting events and the hard physical training programs in education. 2. The generally accepted fact that a optimum level, the stimulation, or activation, there is the maximum power to the person. In general, the inverted U-curve relationship shows that the person concerned, a woman up to an optimal performance, after which further deterioratio representation.
The personality variables, and claimed that if extraverts neurological effect stronger intensity, which contained a higher threshold (e.g.,), a higher level, that the power is reduced. This is, of course, is true of a great athlete. It is resistant to ultra-high-level representation and the intensive competition in the viewers more vociferous reactions in general, without the loss of performance, one of the most important features of a successful athlete. A partial explanation for this to withstand a neural explanation of extraversion Eysenck - trait that is continuously the for athletes.

Eysenck (Early 1960S, developed by two great personage, the scale, the extraversion continuum is a subject of his introversion, and the N-scale, the continuum between neuroticism and stability. Despite the fact that it is basically the personality, behavior, made an attempt to show a causal link between the personality characteristics biological sources. He also believes that behavioral characteristics can be explained by the neural level reflects the F scale and the excitatory and inhibitory functions of central nervous system (e.g. The cortex) and the N-scale is to the excitation of autonomic nervous system.

Neuroticism responds to the stress, the individual some unpleasant situation more than the usual quantity in the sadness and depression. High level decreased anxiety and self-confidence and activity, and the general decline in. Eysenck (1967) suggested that the persistence, the hypothalamus neuroticism. The explanation is rotating around the center the autonomous nervous system hypothesized. It also maintains that the vegetative nervous system reactions rooted in the ground person constitutional structure, which will forward the incoming stimuli the nervous system. Although different people, in order to encourage and respond to the sympathetic the para-sympathetic system is controlled. Eysenck, yet feels that the autonomous nervous system, in fact, emotionality. In this context must be provided with introverts and extraverts had attracted more than chronic neurotic or unstable the people, and it is much easier than the enraged people stable.